

Introduction

With the announcement by the Scottish Government of transitioning into Phase 3 of its published route map, JudoScotland have produced guidance - in consultation with sportscotland and the Scottish Government – to outline the next steps for the return to Judo-in-Scotland.

As part of this process, Club 'COVID Officers' will need to ensure that the necessary controls, checks and balances are in place to confirm that this is achieved with the health and safety of the individual judoka (participant) at the centre of any decision-making.

The specific Phase 3 guidance document is available via the JudoScotland website. The following is an exemplar Risk Assessment checklist for the Club 'COVID Officer' to assist in the safe return and participation within Judo (in Scotland) in line with the Scottish Government's Phase 3 guidance.

Risk Assessment Checklist

Club: _____ Venue: _____
 COVID Officer: _____ Date: _____

Delivery Area	Potential Hazard	Mitigating Measures	In Place
Prior to Session	Unqualified Delivery	Ensure the coach delivering the session holds a current and valid coaching qualification: <ul style="list-style-type: none"> • BJA or UKCC Level 1 coaching qualification (& to deliver under supervision), or; • BJA or UKCC Level 2 (or above) 	
		Ensure the coach delivering the session to hold a current and valid first aid qualification/certification.	
		Ensure the coach delivering the session is a current member of the Disclosure Scotland/PVG scheme and that they have had a scheme record update within the past 3 years.	
		The coach delivering the session has undergone 'Child Wellbeing and Protection in Sport' training.	
	Registration/Tracking Attendance	Ensure a session booking system in place to avoid exceeding 'coach to athlete' ratio.	
		Ensure set procedures are in place to minimise social contact.	
		Ensure appropriate signage in place to explain processes.	
		Send players/parents guidance/procedures sheet prior to session.	
	Spread of Infection	Ensure every person in attendance has registered in advance and on their arrival, to enable tracking of the virus if anyone attending tests positive.	
		Ensure that all personal information (data) gathered is held/stored in line with General Data Protection Regulation (GDPR) guidelines.	
		Ensure all those in attendance thoroughly wash hands/use sanitizer, as per government guidelines on arrival.	
		Ensure plans are in place for the provision of physically distancing (12+ years) before and after the session/activity.	
	Session Equipment	Ensure that mats/tatami (if used) are laid by designated staff/volunteers who are aware of safe manual handling, kinetic lifting techniques and who wear recommended PPE, disposed of in a provided pedal bin.	
		Ensure mats/tatami (if used) are thoroughly cleaned prior to starting the session with Government recommended products, allowing for enough time for the mats to completely dry.	
		Carry out an inspection to ensure the mats/tatami (if used) are completely dry and there are no gaps or signs of damage.	
		Ensure that all other equipment used (e.g. uchikomi bands, cones etc.) are thoroughly cleaned prior to starting the coached session with Government recommended products, allowing for enough time for the equipment to completely dry.	
	Health & Safety	Ensure all members, parents and spectators are aware of the physical distancing protocol/guidance.	
		Encourage participants to arrive already changed and avoid changing rooms if at all possible.	
		Ensure any & all equipment to be used is thoroughly cleaned before every session.	
	Incident/adverse weather conditions	Ensure that a decision is made by the Club if weather conditions are prohibitive to the safety of the participants, or the structure of the equipment.	

Delivered Judo Session	Physical Distancing	Ensure all participants can adhere to the Scottish Government guidelines for physical distancing (where appropriate) throughout all of the session.	
	Health and Safety / Injury Prevention	Ensure that the area inspected and cleared of any potential hazards	
		Ensure the activity is appropriate for the playing surface and adapted to ensure safety throughout.	
		Ensure that a warm-up and cool down is conducted for the session, adhering to Scottish Government guidance on physical distancing for differing age groups.	
		Ensure that Judo training will only take place under the direct supervision of a qualified BJA or UKCC level 2 Coach (minimum).	
		Ensure that the demonstration of technique and Judo activity is only carried out by qualified and insured judoka and in line with Scottish Government physical distancing guidelines.	
	Mats (Tatami)	Ensure that mats/tatami (if used) comply to accepted international standards*	
		Clearly mark out individual mat area(s) or make separate areas of a larger mat area with tape or different coloured mats.	
		Ensure that (on an on-going basis) any gaps in the mat/tatami (if used) are closed.	
Following a Session	Spread of Infection	Ensure that judoka leave promptly once the session has finished.	
		Ensure that judoka wash their hands as soon as possible once the session has finished.	
		Advise that judoka should clean their Judo gi (suit) and personal equipment thoroughly after use.	
	Equipment (Tatami)	Ensure any & all equipment used is thoroughly cleaned after every session.	
		Ensure mats/tatami (if used) are cleaned prior to packing them away.	
First Aid	First Aid Provision	Ensure a fully stocked and available First Aid kit at the session.	
		Ensure this First Aid kit is cleaned and replenished after every use.	
		Ensure that the coach and/or volunteer hold a current and valid first aid certificate.	
		Ensure that all First Aid incidents will be recorded.	
Safeguarding and Wellbeing	Safeguarding	Ensure that the BJA Safeguarding policy is adhered to throughout all Club activities.	
	Additional Volunteers	Ensure that all Volunteers hold a current Disclosure Scotland/PVG membership.	

Adapted from the BJA "Covid-19 Club Risk Assessment Template".

* Mats (tatami) must comply with EN12503-3:2001. The tatami must be firm under foot and have adequate shock absorbing properties. BJA recommends 230 kg per cubic metre density for club and competition environments. Mat surfaces must not be torn or tattered and should have a strong base to ensure they do not slide during activities. BJA recommend each mat has minimum 40mm thickness.

COVID Officer Declaration:

I, on behalf of our JudoScotland affiliated Club and as the designated Club 'COVID Officer', declare that I have conducted and completed this risk assessment and that the Club is adhering to Scottish Government directions and JudoScotland guidelines in delivering Judo sessions within the Scottish Government route map (Phase 3) out of lockdown.

Signature: _____ **Date:** _____

Print Name: _____

Club Coach Declaration:

I, on behalf of our JudoScotland affiliated Club and as the Club Coach, declare that I have conducted and completed this risk assessment and that the Club is adhering to Scottish Government directions and JudoScotland guidelines in delivering Judo sessions within the Scottish Government route map (Phase 3) out of lockdown.

Signature: _____ **Date:** _____

Print Name: _____